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FBI'S CHILD PROSTITUTION SWEEP RESCUES 105 YOUNG VICTIMS PAGE 6

How officers evaluate risk

Metro speaks to a retired staff sergeant as well as a crisis psychologist about when it's OK for police to use force PAGE 4

Bird calling — Blue Jays are 'in trade mode'

As Wednesday's trade deadline looms, Jays' GM ponders the future PAGE 21

You do the snacking, we do the math

15 popular summer foods are ranked by their fat content PAGE 15

NEWS WORTH SHARING.

'Feel how afraid he was,' mother tells protesters

Sammy Yatim shooting. Through her grief, teen's mother addresses crowd at vigil

Anger was palpable at the vigil for Sammy Yatim Monday night, and it quickly became a massive protest.

More than a thousand people stormed the downtown core following the shooting death of the 18-year-old — the third such death in as many months.

Just before the vigil was set to start, police confirmed the officer involved — a six-year veteran of the force, according to the Toronto Police Association — was suspended with pay. Police and the SIU are keeping the identity of the officer secret.

About a thousand people blocked lanes in a procession that stretched several blocks on Dundas Street, moving from Dundas Square towards the site of the shooting near Grace Street, confronting police officers who walked alongside and chanting "Justice for Sammy" and "Think before you kill!"

As Yatim's mother, Sahar Bahadi, sat down in the middle of the street at the place where her son was killed, the crush of protesters around her fell silent. Pointing at a picture of her son printed on one of many posters decrying his death, the frail woman spoke quietly: "Feel how afraid he was."

Yatim's sister, Sarah, sat beside her mother, comforting her as both women sobbed.

"I promise I'm not going to let this pass," Sarah told the crowd.

The SIU, which investigates incidents of serious injury or death involving the police, confirmed Monday that Yatim was shot multiple times by one officer on a Dundas streetcar just after midnight Saturday morning. Protesters spray-painted a blood-red number "9" at the spot where a video recorded nine gunshots fired.

TORSTAR NEWS SERVICE

WITNESS WHO RECORDED SHOOTING RECOUNTS WHAT HE SAW — PAGE 3

Sammy Yatim's mother, Sahar Bahadi, and family with supporters confront police that lined the route at a rally on Monday. More than a thousand people marched through the streets of Toronto to the site where the 18-year-old was shot by a Toronto Police officer. RENE JOHNSTON/TORSTAR NEWS SERVICE

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Man who recorded shooting recounts harrowing event

Fateful night out.
Markus Grupp, an eyewitness with a video of Saturday morning's streetcar shooting, describes what he saw

Screen grab from video posted by witness Markus Grupp showing the shooting of Sammy Yatim on a streetcar at Dundas near Trinity Bellwoods on Saturday. TORSTAR NEWS SERVICE

Markus Grupp's Friday night started with drinks and dinner, and ended with him witnessing the fatal police shooting of 18-year-old Sammy Yatim on an empty 505 Dundas streetcar.

Grupp, 36, was walking home with his brother and his brother's girlfriend just before midnight, when they came upon a parked westbound streetcar.

"The lights were flashing," said Grupp. "We saw a lot of people on the north side along the storefronts on Dundas, all kind of standing there. Some had their phones out, some were just standing there talking."

The streetcar was empty save for a young man in the front seat on the right of the vehicle. The operator of the streetcar was "standing hunched over the controls," according to Grupp, who was watching about three metres away from the front doors of the car.

About 30 seconds later, "the operator jumped off and the fellow in the front right seat jumped up. The fellow was standing up — he was in plain view of the front right window. We saw him and we saw he was holding up a knife at that point.

"That's when the police showed up," said Grupp, who then took out his iPhone and started recording. "I started filming then, at 12:03."

Grupp said, initially, there were three officers — two males and one female. Within seconds, several more cruisers arrived and officers surrounded the streetcar. Grupp estimates there were between eight and 11 officers around the car at that point.

In Grupp's video, officers near the front doors of the streetcar can be heard shouting "Drop the knife!" at least half a dozen times. Yatim, the young man on the streetcar, can be heard retorting, "You're a pussy. You're a f----- pussy." The officers, weapons drawn, shout back "Don't move!" on two occasions. But mere seconds later, when Yatim appears to move, police fire three consecutive shots into the streetcar, followed by at least another six.

"We didn't know if they were real bullets or not," Grupp said. "We didn't really think they were real bullets." He added that it was unclear if the shots were fired by a single officer or if several discharged their firearms. "All we could see was their silhouettes so it was hard to tell."

About 20 seconds after the shots were fired, an officer climbed into the streetcar and Grupp heard the sound of a Taser, as police continued to shout "Drop the knife!" Grupp's video also shows one officer sprinting into the streetcar and towards Yatim.

"We saw one of the officers go in the back door, putting on gloves," Grupp said.

"He was hidden below the waist but it looked like, at one point, there was a kicking motion, interpreting from his upper body motions."

"Then a bunch of officers went to the front. One officer went below the window, kind of crouched down below the window," he said, adding that the officer seemed to be performing CPR on the victim.

TORSTAR NEWS SERVICE

Quoted

"He was hidden below the waist but it looked like, at one point, there was a kicking motion, interpreting from his upper body motions."
Eyewitness Markus Grupp

Expert advice

Legality of videotaping

The investigation into the shooting of Sammy Yatim might turn up a trio of videos shot by bystanders.

The videos of the shooting made it to social media without interference from police, perhaps because they were shot from a distance, in the shadows.

But legal experts say that even if the videographers had been standing closer to the scene, they had every right to record those pictures without fear of confiscation of their cameras or intimidation by police.

That's because there is no law, says Halifax-based lawyer David T.S. Fraser, that stops citizens from taking photographs or video in a public place — unless management, not police, prohibit photography. TORSTAR NEWS SERVICE

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Experts weigh in on shooting

Use of force. Officers are trained, but it's their perception of the situation they're in that determines whether they should pull the trigger

JESSICA SMITH
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Hundreds of thousands of people have watched a YouTube video showing a Toronto police officer shoot Sammy Yatim nine times on a Dundas streetcar, killing him, but the videos don't show what that officer was thinking.

According to the training all Canadian police officers are given about the use of force, that officer's perceptions and their tactical knowledge of the situation determine whether they should pull the trigger.

Steve Summerville, a retired staff sergeant with the Toronto Police Service, has been certified numerous times in court as an expert in use of force. Before talking about what police are trained to do in this kind of situation, he cautions, "We do not yet have all of the relevant information to accurately assess what did go down."

The videos on YouTube all start with officers who've already drawn their guns, he said. "When the video opens up, already the movie is running — something has occurred that we don't see."

According to witnesses who've spoken with the media, Yatim was on the streetcar with a knife in hand and his penis exposed before the driver stopped the vehicle and opened the doors, allowing riders to get off.

Summerville notes police are taught to consider any sharp-edge weapon as potentially life-threatening. They're also taught that it's easy to harm someone with a sharp-edged weapon, but hard to defend against one.

In the moment before the officer shot, the video shows Yatim advance, which would impact an officer's perception of the situation, said Summerville.

"The police are taught to provide safety for the public," he said. "The officer has a duty to prevent the person from leaving the streetcar with a sharp-edged weapon, which is reasonable to present risk."

As for why the officer shot nine times, Summerville said it's not clear how many of the shots hit Yatim, and he notes that something about the situation prompted the officers to continue to shout at him to drop the knife after the shots were fired.

The videos appear to show two officers right next to each other with their guns drawn at Yatim, but only one fired.

According to Summerville, all of the officers would have had to judge for themselves whether lethal force was required at that moment.

"It's a subjective threat," he said. "Certainly, different officers might perceive different threats and could respond to it differently. A subjective threat assessment is based on what the individual officers thought or perceived and what they were dealing with at that moment."

Summerville noted that the officer who ran around the back of the streetcar initially pulled out his gun for a brief moment before initiating emergency medical care.

"We teach officers to pull firearms when your life or the life of others are at risk," he said.

There are many questions that need answers, including whether a tactical team or a mental-health crisis team was called, he said.

"But we need to recognize that police officers are always taught to take reasonable steps to do everything possible to prevent the application of force, and use of force with a firearm is a last-ditch effort — with all due respect, there's nothing left available to you," he said.

Psychologist Mike Webster offers a different perspective. Webster has been hired by police forces in Canada, Europe and the U.S. to consult on kidnappings, hostage-takings and other crises.

He also counselled B.C. RCMP officers for years until a high-profile falling out with the force, which blackballed him for being too critical of them and, in the force's official opinion, losing his objectivity.

"Anyone that makes comment on (the shooting of Sammy Yatim) has had the opportunity to think about it, which is not what the police members at the scene had," he said, "but having the benefit of hindsight, it's shocking to see what took place there."

Webster said the officers must take into account not only their subjective perception about the danger of the situation, but also the tactical reality of the situation — which would include the number of police officers, their weapons, and the subject, his weapon and how far away from them he was.

"If you look at the tactical considerations from the position of hindsight, it really looks like the police had a great advantage there," he said. "It really seems like an excessive use of force."

Webster is generally critical of current police training and said that, in his experience, young officers are taught to overestimate the risk inherent in their position, perhaps because of the influence of police organizations in the U.S., "where there's a real wild-west mentality."

"Today, young police people are more likely to think when they put on the uniform that they are going to war, that it is them versus us, when really it's their job to serve and protect us," he said.

Quoted

"We teach officers to pull firearms when your life or the life of others are at risk."
Steve Summerville, expert in use of force

Quoted

"If you look at the tactical considerations from the position of hindsight, it really looks like the police had a great advantage there ... It really seems like an excessive use of force." Psychologist Mike Webster

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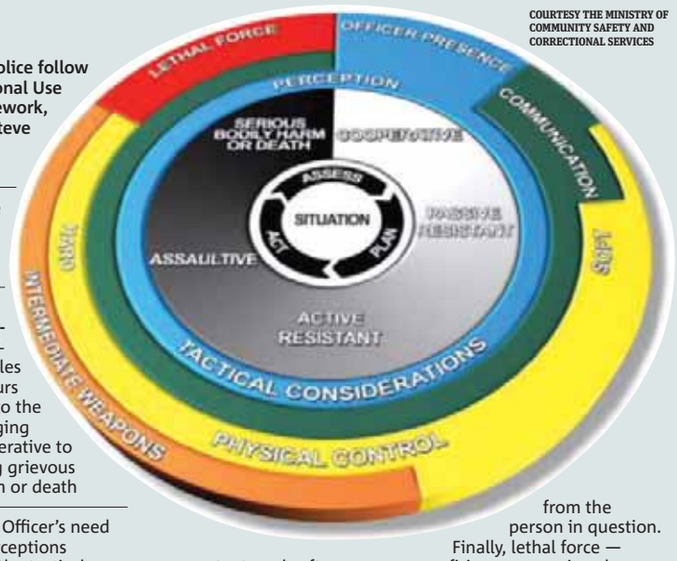

The Toronto Police follow Canada's National Use of Force Framework, shown here. Steve Summerville explains.

- **Centre.** The situation the officer is in
- **Surrounding the centre.** Five different profiles of behaviours that apply to the public, ranging from co-operative to threatening grievous bodily harm or death
- **Blue circle.** Officer's need to form perceptions and assess the tactical considerations
- **Outer circles.** Options for the officer's response, which correspond to the behaviour profiles of the public. Communication is constant, and soft physical control — such as pressure-point techniques — and the possibility of intermediate weapons such as batons and Tasers, aligns with escalating resistance and aggression from the person in question. Finally, lethal force — firing a gun — is only applicable when there is the threat of grievous bodily harm or death. "It is force you need to deploy at that moment to save your life or the life of another," said Summerville.

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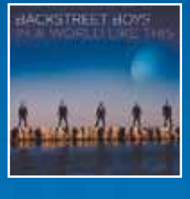

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The Flash takes a lap around SickKids

Real superhero. English runner Jamie McDonald is on a cross-Canada hospital fundraiser

The Flash, Spiderman and Iron Man joined forces Monday to help sick children.

Long-distance runner Jamie McDonald, a.k.a. The Flash, passed through Toronto on his westbound cross-Canada run to raise money for the Hospital for Sick Children, as well as two hospitals in the U.K.

McDonald, 26, from Gloucester, England, swapped his backpack for a stroller to carry essentials like water, a tarp and an iPhone on his daily marathons, which began March 12 in St. John's, N.L.

"I chose Canada because I heard it was the best country in the world," he said.

The stroller was a more practical choice to lug around 30 kg of supplies, said McDonald, who has clocked 1,756 km so far and is making the journey without a support crew.

Running for their lives

"It doesn't matter what they go through or how sick they are. They can still follow their dream."
Jamie McDonald, a.k.a. The Flash

Staff from SickKids and community members joined McDonald for a ceremonial Toronto lap, along with Nico Orfeo, 10, a.k.a. Iron Man, who has been receiving ongoing treatments at SickKids for an undiagnosed genetic condition.

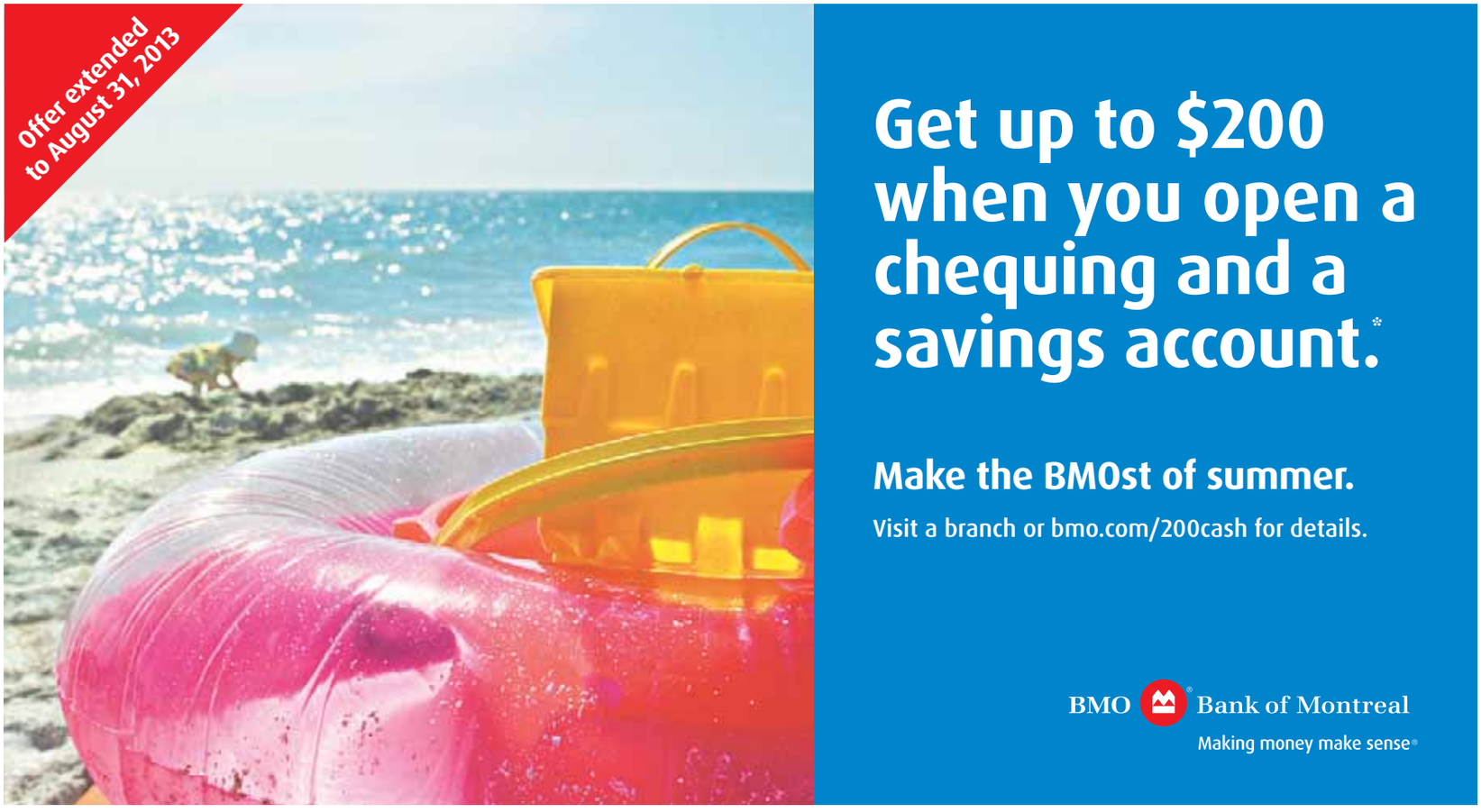
His brother Maximus, 7, was dressed up as Spiderman and said his spidey sense told him he would give The Flash some fierce competition.

As a child, McDonald was hospitalized on and off for nine years due to syringomyelia, a degenerative disorder.

He has raised $9,000 for SickKids to date of his $40,000 target, and is aiming to collect 60,000 pounds for the two hospitals in the U.K.

TORSTAR NEWS SERVICE

Long-distance runner Jamie McDonald, a.k.a. The Flash, made a stop in Toronto on Monday. RENE JOHNSTON/TORSTAR NEWS SERVICE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David Soknacki at city hall when he was budget chief.
RICK EGLINTON/TORSTAR NEWS SERVICE

Ex-councillor considers running for mayor

Seven years after leaving city hall, former councillor and budget chief David Soknacki is giving "serious consideration" to running for mayor of Toronto.

The Scarborough fiscal conservative and genial owner of a successful spice business is already at odds with Mayor Rob Ford on a key issue — he strongly believes light rail, not a subway, makes the most sense as a replacement for the aging Scarborough RT.

"For an extension to Kennedy (station), LRT produces results faster, for more people, at less expense, and is paid for" by provincial dollars that don't come close to covering the cost of a subway, Soknacki said.

"To trade that for something reliant on (financial) fairy dust is not the way we ought to go."

Soknacki confirmed rumours that he is canvassing friends and ex-colleagues about their vision for Toronto and his potential 2014 candidacy.

"It's a very early consideration," said Soknacki, who in 2003 was then-mayor David Miller's cross-aisle pick for budget chief. He retired from politics three years later.

"I've been very troubled by the polarization of (city hall) debates. There seems to be (a) 'them versus us' mentality, not just on some issues but on all issues," he said.

"Some people approached me and said, 'There is a need for somebody who can bring different sides together.' I see that as one of my skills.

"Ours is a great city of hope, and to see every issue first start hopeful and then turn into frustration and despair, I say: This doesn't have to be this way."

The former councillor for Scarborough East joins an already crowded centre-right field thinking about taking on polarizing Mayor Rob Ford. TORSTAR NEWS SERVICE

The challengers

TTC chair Karen Stintz is also considering a mayoral candidacy, as are Coun. Denzil Minnan-Wong and former politician John Tory. Shelley Carroll, a centre-left councillor who succeeded Soknacki as budget chief, is also kicking the tires, leaving MP Olivia Chow as the lone likely challenger from the NDP.

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FBI rescues 105 teens forced into prostitution

Ron Hosko, assistant director of the FBI's criminal investigative division, addresses a news conference at FBI headquarters in Washington, Monday, about Operation Cross Country. EVAN VUCCI/THE ASSOCIATED PRESS

Raids across the U.S.

The victims, almost all girls, range in age from 13 to 17

U.S. authorities rescued 105 children who were forced into prostitution and arrested 150 pimps and others in a three-day sweep in 76 American cities, the FBI said Monday.

The largest numbers of children rescued were in San Francisco, Detroit, Milwaukee, Denver and New Orleans.

"Child prostitution remains a persistent threat to children across the country," Ron Hosko, assistant director of the bureau's criminal investigative division, told a press conference.

The FBI said the campaign has resulted in rescuing 2,700 children since 2003.

The investigations and convictions of 1,350 have led to life imprisonment for 10 pimps and the seizure of more than $3.1 million US in assets.

The Justice Department has estimated that nearly 450,000 children run away from home each year and that one-third of teens living on the street will be lured toward prostitution within 48 hours of leaving home.

Congress has introduced legislation that would require state law enforcement, foster care and child welfare programs to identify children lured into sex trafficking as victims of abuse and neglect eligible for the appropriate protections and services.

THE ASSOCIATED PRESS

Quoted

"Child prostitution remains a persistent threat to children across the country."

Ron Hosko, assistant director of the FBI's criminal investigative division

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Runaway bus plunges off a bridge, kills 38

Italy. Investigators looking at possible explanations for why the driver lost control

A police officer hugs a man outside a school gym turned into a morgue in Monteforte Irpino, Italy.
SALVATORE LAPORTA/THE ASSOCIATED PRESS

An Italian tour bus plowed through cars, crashed through the side wall of a highway bridge and plunged into a ravine, killing at least 38 people, authorities said Monday.

Rescuers wielding electric saws cut through the twisted wreckage of the bus looking for survivors overnight, and state radio quoted a local police chief as saying the bus driver was among the dead.

The bus lost control near the town of Monteforte Irpino in Irpinia, a largely agricultural area about 60 kilometres inland from Naples, hitting several cars before plunging some 30 metres off a viaduct on Sunday night.

It was not immediately clear why the bus driver lost control of the vehicle, but prosecutors were investigating technical problems and had ordered an autopsy on the driver.

Prime Minister Enrico Letta described the crash as a "dramatic moment" for his entire country.

THE ASSOCIATED PRESS

Head-on train crash leaves dozens of passengers injured

A police officer works at the site where two passenger trains collided head-on in Granges-pres-Marnand, western Switzerland, on Monday. Police say at least 35 people have been injured, five seriously. One person had yet to be recovered from the wreckage Monday night. LAURENT GILLIERON/KEYSTONE/THE ASSOCIATED PRESS

Mountie found not guilty of lying in Taser death

An officer who was among the four Mounties at the Vancouver airport the night Robert Dziekanski died has been found not guilty of lying at a public inquiry into the Polish immigrant's death.

B.C. Supreme Court Justice Mark McEwan raised doubts about the Crown's theory that Const. Bill Bentley and the other officers colluded on their stories to homicide investigators and then lied at the inquiry. He noted civilian witnesses made the same sort of mistakes as the Mounties.

Bentley was the first to be tried for perjury for his testimony during the 2009 inquiry into what happened the night Dziekanski was hit with a Taser and died.

Video evidence, taken by a passenger, contradicted some of Bentley's notes and statements.

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Court verdict. Princesses reclaim $4-billion estate

It has all the makings of a best-selling novel. An Indian maharaja crowned as a toddler and rich beyond imagination falls into a deep depression in old age after losing his only son.

After his own death a few months later, his daughters, the princesses, don't get the palaces, gold and vast lands they claim as their birthright. Instead, they are given a few dollars a month from palace officials they accuse of scheming to usurp the royal billions with a forged will. The fight rages for decades.

On Saturday, an Indian court brought this chapter to a close, ruling that the will of Maharaja Harinder Singh Brar of Faridkot was fabricated. His daughters will now inherit the estimated $4-billion US estate, instead of a trust run by his former servants and palace officials.

Chief judicial magistrate Rajnish Kumar Sharma, in the northern city of Chandigarh, finally gave his ruling on the case filed by the maharaja's eldest daughter, Amrit Kaur, in 1992, a court official said on Monday. THE ASSOCIATED PRESS

Good God, call the fire dept.

Fifty Shades of ... that toaster is turning me on

London firefighters say they have freed hundreds of people with body parts trapped in household objects in the past three years, including 79 people trapped in handcuffs.

The London Fire Brigade speculated that the popularity of the erotic novel Fifty Shades of Grey could account for a rise in handcuffs-related emergencies.

"I don't know whether it's the 'Fifty Shades' effect, but the number of incidents involving items like handcuffs seems to have gone up," said Third Officer Dave Brown.

Firefighters even treated a man with his penis stuck in a toaster. THE ASSOCIATED PRESS

Shift in tone: Pope reaches out to gays

'Who am I to judge'?
In first news conference as Pope, Francis says gay clergymen should be forgiven and their sins forgotten

Pope Francis answers reporters' questions on Monday during a news conference aboard the papal flight on its way back from Brazil. THE ASSOCIATED PRESS

Pope Francis reached out to gay people, saying he won't judge priests for their sexual orientation, in a remarkably open and wide-ranging news conference Monday as he returned from his first foreign trip.

"If someone is gay and he searches for the Lord and has good will, who am I to judge?" Francis asked. "We shouldn't marginalize people for this. They must be integrated into society."

Francis' predecessor, Pope Benedict XVI, signed a document in 2005 that said men who had deep-rooted homosexual tendencies should not be priests. Francis was much more conciliatory in his first news conference as pope, saying gay clergymen should be forgiven and their sins forgotten.

The comments did not signal any change in church policy. Catholic teaching still holds that homosexual acts are "intrinsically disordered."

But they indicated a shift in tone under Francis' young papacy. THE ASSOCIATED PRESS

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808 Britannia Rd. W, Unit 2
25 Watline Ave., Unit 10
7205 Goreway Dr.
1100 Burnhamthorpe Rd.
3021 Argentia Rd.
789 Taunton Rd. E
1053 Simcoe St. N, Unit 4B
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60 Bristol Rd. E
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Hudson's Bay to open Saks stores in Canada

Retail. Following $2.9B acquisition of U.S. retailer, HBC will roll out chain's luxury and discount banners north of border

A Saks store in New York is shown in this file photo. Canadian retailer Hudson's Bay Co. says it will pay $2.9 billion US to acquire the U.S. retailer. THE ASSOCIATED PRESS FILE

Hudson's Bay Co. says it will open up to seven full-line Saks stores in Canada and about two dozen locations under a discount banner once it completes a $2.9-billion US friendly deal to acquire the U.S. luxury retailer.

"We're going to move as quickly as we can," Richard Baker, HBC's chairman and chief executive, told analysts during a conference call on Monday.

"We think there's a lot of opportunity for us to accomplish that rollout relatively quickly."

Saks currently operates 42 stores, including its flagship Saks Fifth Avenue in New York.

HBC says it may transform some of its The Bay stores into Saks locations, open new Saks stores in existing buildings or, in some cases, build new stores from the ground up.

The retailer says it also plans to open up to 25 Saks Off Fifth discount stores in Canada and is eyeing the possibility of starting a real estate investment trust.

Paul Swinand, an analyst with Morningstar, said the deal will give HBC a portfolio of prime U.S. real estate.

"There's no way they could have accessed these real estate assets at any other price, or in any other way," said Swinand.

"These are assets in locations where you couldn't get that size of a store otherwise."

The combined portfolio of The Bay stores in Canada, Lord & Taylor in the U.S. Northeast and Saks locations would comprise more than 32 million square feet of retail space, said Baker.

"The combination of Saks and HBC real estate creates an unmatched, highly valuable North American retail real estate portfolio, with a coast-to-coast footprint serving three strong banners," Baker said.

THE CANADIAN PRESS

Quoted

"We're going to move as quickly as we can. We think there's a lot of opportunity for us to accomplish that rollout relatively quickly." Richard Baker, HBC's chairman and CEO

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Tech trends

Smartphone ownership is surging, poll finds

Smartphone ownership is way up in Canada, suggests a report released by Google. Based on online surveys with 1,000 Canadians earlier this year, it estimates 56 per cent of adults were using a smartphone, up from 33 per cent in early 2012.

THE CANADIAN PRESS

Market Minute

DOLLAR 97.47¢ (+0.13¢)

TSX 12,669.04 (+21.14)

OIL $104.55 US (-15¢)

GOLD $1,328.40 US (+$6.90)

Natural gas: $3.46 US (-10¢)
Dow Jones: 15,521.97 (-36.86)

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SEX ISN'T FOR POLITICOS TO DECIDE

SHE SAYS

Jessica Napier
metronews.ca

Politicians aren't really known for being a particularly prudish bunch — Anthony Weiner, Bill Clinton, Eliot Spitzer and other public officials have had their share of high-profile sex scandals. And yet, a number of public figures made headlines last week for their sexually conservative policies.

American politician Ken Cuccinelli recently launched a web campaign aimed at resurrecting Virginia's Crimes Against Nature law, which would ban oral and anal sex between any two individuals. If passed, the law would make certain sex acts a felony with no consideration of context, effectively turning happily consenting, pleasure-seeking adults into sex offenders.

Across the pond, British Prime Minister David Cameron announced a new initiative to restrict access to online pornography throughout the country. This default porn filter will automatically block access to all sexually explicit websites and British citizens who are interested in viewing racy content will be forced into having a very awkward conversation with their service provider.

Both Cuccinelli and Cameron cite "protecting children" and "family values" as justification for their overreaching policies. "Family values" being one of those vague phrases that has no concrete meaning and is employed emphatically by right-wing politicians to attack everything from gay marriage to working mothers to Gossip Girl.

There's no doubt that this is tricky territory. Obviously intervention is necessary when it comes to things like child pornography, exploitation and sexual predators, but allowing government bodies to regulate what is or isn't sexually acceptable behaviour among the masses is a very slippery slope. I can't help but think of the overzealous minister in Footloose who is determined to outlaw rock music and dancing in his fictional Bible-thumping town.

Whether you agree with Cuccinelli's Crimes Against Nature law or Cameron's porn filter, you have to admit that both policies seem utterly impossible to enforce. This effort to BAN ALL THE NAKED THINGS is just an exhausting waste of time and public resources.

Sex is everywhere, online and in person, and it comes in seemingly limitless varieties. Teaching our children that sex is something that is immoral and should be forbidden is going to create confusion and unhealthy attitudes toward their own sexuality.

When it comes to sexual pleasure, government officials should have no right to come between two consenting adults — or between an individual and a computer screen, for that matter.

Rather than finding new ways to control private (and legal) sexual activities, we should focus on having frank discussions with our children about sex and the dangers of the web.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

It's down for a dogfight

OLIVER EHMIG/SOLENT NEWS/REX FEATURES

Dog parachutes from airplane

An elite air-force unit has a new weapon for fighting crime — a parachuting dog. A Belgian shepherd named Jany jumps out of the aircraft at more than 1,000 feet, while attached to the chest of an officer. The explosive detector dog makes dozens of jumps with the Colombian Group of Air Special Commands, specially set up to counter crime and terrorism.

The 90-man-strong group is tasked with combating terrorist and criminal activity at all of Colombia's airports. Each paratrooper carries their field equipment on their body for the jumps, which are fraught with danger as landing areas are often covered with anti-personnel blast mines.

METRO

Photographer's view

"She (Jany) was extremely calm during the flight and was euphoric when she touched the ground."

Oliver Ehmig, photographer.
Ehmig captured the moment Jany and her tandem partner Jorge Herrera leapt into action.

This canine can ...

- **Belgian malinois.** Related to the German shepherd, this breed of canine is popular with armed forces and the police for its loyalty and ability to detect explosives and drugs.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

A pleasant side effect of the proliferation of longform interview podcasts is that the demand for guests opens up space for people who aren't promoting a book or a film — people who just happen to be interesting. Here are three that capture a wide range of interests.

Kevin Pollak's Chat Show

Marc Maron's WTF is arguably ground zero for the feature-length chat with neurotic celebrity types, and Kevin Pollak's is among the best of the comedian herd who followed him into the genre.

Radio Open Source

Christopher Lydon plays host to a series of guest experts on topics ranging from what to make of the mess in Afghanistan, the collective art of revolutions and theories on the structure of organized crime.

Inner Compass

The religious overtones of Inner Compass may be a little uncomfortable for some, but it frequently fades into the background as guests discuss everything from the evolution of hip hop to becoming an accidental activist in Myanmar.

Twitter

@metropicks asked: Justin Trudeau said he supported legalizing marijuana when he unexpectedly stopped by a rally in Vancouver last week. Do you think this will bolster the movement?

@TheRealTuretz: I doubt it will have any real impact, since only stoners would let that influence their vote, and they're notoriously lazy.

@Vickivancouver: @robdelaney please save @Canada

Follow @metropicks and take part in our daily poll.

Letters

Do we wait for someone else who is mentally ill to commit a crime? Or do we try and change our society that acts only after the crime has been committed. The government offers little help to the families that are fighting for their adult children's lives to keep them from harming others and themselves.

What a tragedy we are facing. How many times do we hear or read that someone has been murdered due to the mental state of another?

As a society we have buried our heads in the sand because our government chooses to not deal with this issue. Time for change.

Kerin Swift, Surrey B.C.

WE WANT TO HEAR FROM YOU:
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DVD reviews

G.I. Joe: Retaliation

Director. John M. Chu

Stars. Dwayne Johnson, Byung-hun Lee

G.I. Joe: Retaliation is a case of ADHD masquerading as a movie, hiding behind incoherent directing, writing and editing to minimize
mayhem so as to secure a kid-friendly rating.
It's like a giant explosion on a distant planet, observed but not felt. The stolid Dwayne "The Rock" Johnson joins grumpy Bruce Willis as the new top square-jaws of the changing cast, most of the original players having wisely opted for better gigs
or early story exits.
Based on an action figure and cartoon, G.I. Joe is reduced to an incomprehensible blur of throbbing testosterone tin men (and women),
who rat-tat-tat their machine guns and shout inanities at each other.
Even when something really big happens — say a major world city being blown up — the effect is like being hit with a clown's Nerf bat.

PETER HOWELL

Woody Allen: The good, the bad and the ugly

Director's cut. Filmmaker's body of work is nothing but prolific — here Metro ranks the best to the worst from 1969 to the present

MATT PRIGGE
Metro World News in New York

Woody Allen on the set of his latest film, Blue Jasmine. CONTRIBUTED

It's that time of year again — that is, when Woody Allen releases his annual film. The exact time of year fluctuates. (In the '90s, it was always in the fall, in time for Oscars. For the last few years he's been an improbable summer movie filmmaker.)

And whenever one of his new films is released, it's time to do that thing when you sum up his career, looking back over his rather daunting body of work — a film per year, with few exceptions, since 1969!

Jordan Hoffman, over at Film.com, has done a terrific film-by-film ranking of Woody's 43 1/3 films, though he also includes some that he only wrote and/or acted in, like What's New, Pussycat?, Play It Again, Sam, and The Front. (It feels weird calling him "Allen" — which is, in fact, his actual first name — and especially "Mr. Allen," a la The New York Times.)

It's a great round-up, one not afraid to mount cogent defences of such runs like Shadows and Fog and Another Woman.

List justifications

Love and Death, our number one, is not always cited as Woody Allen's best straight-up comedy, much less his best overall film. People tend to gravitate toward Sleeper, which is a touch more sophisticated and reined-in. But that's why we love this: this movie is insane. It's incredibly dense, with parodies of Dostoyevsky and Ingmar Bergman and Sergei Eisenstein flying madly about. (It's crazy this is one of his biggest moneymakers.) However, it's his last full-on comedy before the hybrid of comedy and drama that is Annie Hall.

And here, without any neurotic self-deprecation, is ours. (Note: This is only theatrically-released films, not TV work, including the impossible to find Men of Crisis: The Harvey Wallinger Story — which, if anyone has a line on…)

Stone-cold masterpiece
- Love and Death (1975)
- Manhattan (1979)
- Bananas (1971)
- Annie Hall (1977)
- Sleeper (1973)

Near-masterpiece
- Radio Days (1987)
- Hannah and Her Sisters (1986)
- Broadway Danny Rose (1984)
- The Purple Rose of Cairo (1985)
- Crimes and Misdemeanors (1989)
- Deconstructing Harry (1997)
- Zelig (1983)
- Manhattan Murder Mystery (1993)

Really, incredibly good
- Stardust Memories (1980)
- Take the Money and Run (1969)
- Everyone Says I Love You (1996)
- Husbands and Wives (1992)
- Bullets Over Broadway (1994)
- Stardust Memories (1980)
- Blue Jasmine (2013)
- Vicky Cristina Barcelona (2006)
- Sweet and Lowdown (1999)

Quite solid
- Match Point (2005)
- Everything You Always Wanted to Know About Sex (But Were Afraid to Ask) (1972)
- Another Woman (1988)
- What's Up, Tiger Lily? (1966)
- Oedipus Wrecks, his contribution to New York Stories (1989) (this is his 1/3 film)
- Mighty Aphrodite (1995)
- A Midsummer Night's Sex Comedy (1983)

Problematic, but mostly positive
- Anything Else (2003)
- Cassandra's Dream (2005)
- Interiors (1978)
- To Rome, With Love (2012)
- Midnight in Paris (2011)
- Whatever Works (2010)
- Shadows and Fog (1991)
- Celebrity (1998)

Problematic, with less merit — but some
- Hollywood Ending (2002)
- Scoop (2006)
- Small Time Crooks (2000)

Pretty bad — but, you know, not entirely worthless
- September (1987)
- The Curse of the Jade Scorpion (2001)
- Alice (1990)
- Melinda and Melinda (2004)

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Amanda Bynes ALL GETTY IMAGES

Bynes' rocky bond with parents revealed ahead of conservatorship bid

Amanda Bynes' parents may be the last people she wants in control of her life and finances, as the troubled actress and her mom and dad have always had a tense relationship, at least according to Bynes' former pal Ana Rivera, a model, who says Bynes resents her "overprotective" parents for "telling her what to do and pushing her into acting, a career she never wanted," Rivera tells Radar. "She said she'd never been close to her family." Bynes' psychiatric hold has been extended, and a court date is set for next week to review her parents' bid for a conservatorship.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Oh to see an exciting Brad and Jen tiff at this year's TIFF

THE WORD
Dorothy Robinson
scene@metronews.ca

Brad Pitt and Jennifer Aniston, both happily engaged to other people eight years after their divorce, MIGHT spot each other at this September's Toronto International Film Festival, and this MIGHT be a big deal, because they MIGHT hug hello, and they MIGHT talk, and they MIGHT wish each other well, and this will cause the universe to implode (if the folks at Us Weekly have anything to do with it, that is). A normal, civilized, post-divorce catch-up sesh surely is off the table for these two because in media, civil exes are boring. We want to catch these two either a) in a blow-out as big as a Real Housewives fight, or b) with their pants down in the bathroom at the Four Seasons Toronto. If they're anything like normal Americans, though, they'll just be courteous and chat for a few minutes. Either that or pull the ol' "Oh, my ex is here? Let me pretend to look very busy on my phone for the next hour and a half."

Twitter

@AnnaKendrick47
dated a guy who slammed my PB&J shut when he got frustrated w my need for peanut butter to be perfectly distributed. We did not last long.

@bobsaget
Thinking of changing my name to ;-)

Phoebe and Chandler never wanted it to end

Lisa Kudrow

While talk of a Friends reunion movie may be dead in the water, stars Matthew Perry and Lisa Kudrow admit they wish the show hadn't gone off the air when it did. "If I had a time machine, I would like to go back to 2004 and not have stopped," says Perry, sitting in for Piers Morgan on his talk show, with Kudrow serving as his guest. Kudrow agrees: "If it were up to us, you know, individually, then yes. I would keep going," she says. "There would have come a time anyway when someone would have said, 'We've had enough.' But why not have fun until they do?"

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The summer fat breakdown

You know some fun foods are bad for you, but how bad? We're listing the best to worst

MICHELLE CASTILLO, METRO WORLD NEWS
Nutrition data from My Fitness Pal

1

LIGHT OR REGULAR LAGER

Total fat: 0 g / Cholesterol: 0 mg

2

WATERMELON (BALLED, 1 CUP)

Total fat: 0.2 g / Polyunsaturated: 0.1 g / Monounsaturated: 0.1 g / Cholesterol: 0 g

3

STRAWBERRIES (1 CUP)

Total fat: 0.5 g / Polyunsaturated: 0.2 g / Monounsaturated: 0.1 g / Cholesterol: 0 g

4

COLESLAW WITH MAYONNAISE (1 CUP)

Total fat: 3.1 g / Saturated: 0.5 g / Polyunsaturated: 1.6 g / Monounsaturated: 0.9 g / Cholesterol: 10 mg

5

PINA COLADA WITH RUM (8 OZ)

Total fat: 4 g / Saturated: 3.5 g / Cholesterol: 0 g

6

VANILLA ICE CREAM WITH CONE (SMALL, MCDONALD'S)

Total fat: 5 g / Saturated: fat: 3 g / Cholesterol: 15 mg

7

MACARONI SALAD WITH MAYONNAISE (1 CUP)

Total fat: 9 g / Cholesterol: 8 mg

8

CHOCOLATE CUPCAKE WITH FROSTING

Total fat: 10 g / Cholesterol: 0 g

9

POTATO CHIPS (28.3 G)

Total fat: 10 g / Saturated: 1.5 g / Cholesterol: 0 g

10

FRIES (SMALL, MCDONALD'S)

Total fat: 11 g / Saturated: 1.5 g / Cholesterol: 0 g

11

FALAFEL SANDWICH

Total fat: 14 g / Saturated: 2 g / Polyunsaturated: 6 g/ Monounsaturated: 6 g / Cholesterol: 0 g

12

PEPPERONI PIZZA (1 SLICE)

Total fat: 14 g / Saturated: fat: 6 g / Cholesterol: 30 mg

13

HOT DOG WITH BUN, NO TOPPINGS

Total fat: 18.2 g / Saturated: 6.9 g / Trans 0.5 g / Cholesterol: 34.4 mg

14

POTATO SALAD WITH MAYONNAISE (1 CUP)

Total fat: 20.5 g / Saturated: 3.6 g/ Polyunsaturated: 9.3 g/ Monounsaturated: 6.2 g / Cholesterol: 170 mg

15

CHEESEBURGER (0.25 LBS, GRILLED)

Total fat: 21 g / Saturated: 4 g / Cholesterol: 144 mg

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BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Take a bite out of your pain. ISTOCK PHOTOS

In the Summer issue of Best Health, on newsstands now, we feature an article by freelance writer Michelle Villett, who has rounded up the options available for taking the itch out of insect bites.

Tablets
Benadryl Allergy Caplets are an oral antihistamine containing diphenhydramine, which helps reduce the swelling of the skin from any insect bite or sting, and reduces the itching from mosquito bites and ant stings. But it can be sedating, so other good options are remedies containing loratadine (in Claritin Allergy), cetirizine (in Reactin) and desloratadine (in Aerius).

Topical antihistamines
These are less potent than oral remedies but can still soothe itchiness: After-Bite Gel, Benadryl Itch Cream, Claritin Skin, Polysporin Itch Relief or Lanacane.

Natural remedies
Taking an oatmeal bath helps soothe pain and itching. Aveeno Daily Moisturizing Bath is anti-inflammatory and helps skin retain moisture. Or you could try applying a paste of baking soda and water to bites or stings; the sodium bicarbonate can reduce itch.

There's also an exciting new option for prevention. Health Canada has just approved an all-natural oral mosquito repellent that also claims to repel black flies and other biting bugs. It's called Mozi-Q. Tablets contain staphysagria, a substance derived from delphinium plants. Find it at health-food retailers.

FOR MORE FITNESS, FOOD AND BEAUTY FROM BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA, OR CHECK OUT OUR IPAD APP.

Let's get physical ... after breakfast

Health food. Dig into a bowl of cereal designed to ensure you and your partner are late for work

MICHELLE CASTILLO
Metro World News

Hungry? Try some sexual health. CONTRIBUTED

Start your day right with a few tablespoons of, no, not Lucky Charms or Frosted Flakes. We're talking Sex Cereal. The "scientifically-formulated" blends are made specifically for men and women to enhance their sexual abilities.

It might sound a bit nutty, but creator, president and CEO Peter Ehrlich says that these all-natural foods are things that people have been eating for centuries to spice up their love life — only this time, they've gathered the best ingredients and combined them in an easy to eat snack. We talked to Ehrlich about how he came up with the idea for the cereal and what happens to you if you eat the other gender's mix.

How did you come up with the idea for this product?
I walked into a vegetarian vegan fair. You know vegetarians and vegans take themselves very serious. Everything was straightforward and pedantic. There was no humour. I came out of that vegan fair thinking, "Wouldn't it be great if we created a cereal that would be great for your sexual health?" It had to be different for men and women because biologically men and women are different.

What is the difference between the men's and women's blend?
When you think of Viagra, it creates a vascular effect so a man can get what he wants. The cereal has camu camu, which has the highest concentration of vitamin C in the world, and vitamin C is very vascular. Every ingredient in the men's cereal has to do with testosterone and vascular support. The women's cereal is blended for hormonal balance and estrogen support.

What would happen if you ate the opposite sex's cereal?
You would become bisexual. Just kidding. Nothing would happen. Again, it's a health food.

Is it scientifically proven to work?
We hired a great team of nutritionists and quality control (researchers). If you googled any one of those ingredients and then put the words and then sex after it, you would see how any of it effects your sex life.

Chow down

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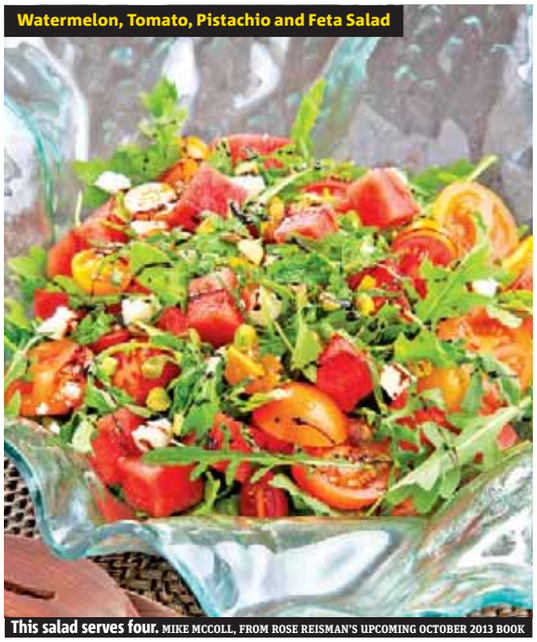
APOTEX ADVANCING GENERICS

Watermelon introduces its savoury side in light salad

Watermelon, Tomato, Pistachio and Feta Salad



This salad serves four. MIKE MCCOLL, FROM ROSE REISMAN'S UPCOMING OCTOBER 2013 BOOK

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Nothing beats a summer salad that combines watermelon, tomatoes and feta.

The balsamic glaze is sensational, and you avoid the calories and fat of oil-based dressings.

Follow directions exactly for dressing. If too thick, just add a little more balsamic vinegar.

Ingredients

Salad

- 4 cups (1 L) baby arugula or baby spinach
- 1 cup (250 ml) small red or yellow grape tomatoes
- 4 cups (1 L) cubed watermelon
- 1/3 cup diced reduced fat feta cheese (2 1/2 oz/75 g)
- 1/3 cup (80 ml) toasted chopped pistachios
- 1/4 cup (60 ml) chopped mint or parsley

Dressing

- 1 cup (250 ml) balsamic vinegar
- 1/4 cup (60 ml) maple syrup

1. To make the salad: Place arugula, tomatoes, watermelon, feta, pistachios and mint in a large serving bowl.

2. To make the dressing: In a small skillet, add the balsamic vinegar and maple syrup. Bring the mixture to a boil, and cook at a rapid boil for 8 to 10 minutes or just until the mixture bubbles on the entire surface and is slightly syrupy. Do not overcook, or the syrup will get too thick.

Health Solutions

It isn't 'just water'

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Oh, sure, it is 92 per cent water, but the other eight per cent of watermelon is a powerhouse. (And there is no such thing as "just" water anyway). Watermelon is a rare, excellent source of an important amino acid called citrulline, which is key in exercise muscle recovery and the elimination of ammonia.

The red flesh is delicious, but the white rind is even more concentrated in this nutrient. Don't throw it away! Trim the outer skin and save the white, less tasty portion to make a relish that is delicious with a cheese board, on baguette or burgers.

Watermelon Relish

- 2 cups (500 ml) watermelon rind. Remove the dark-green skin and cut the white part into 1/4-inch (0.6 cm) cubes
- 2 tsp salt (10 ml)
- 2 1/2 cups water (625 ml) and 3/4 cup (185 ml) water, divided
- 1/2 cup (125 ml) sugar
- 2 tbps(25 ml) lemon zest, finely grated
- 2 tbsp (25 ml) lemon juice
- 1/2 tsp (2 1/2 ml) cinnamon
- 1/8 tsp cloves (0.5 ml)

Mix rind with salt and 2 1/2 cups (625 ml) water. Let stand covered at room temperature overnight. Drain and rinse well.

In saucepan, combine sugar with 3/4 cup (185 ml) water, the lemon zest and juice and cinnamon and cloves. Bring to boil over medium heat, add rind and cook gently for 40 mins. or until the rind is translucent and tender (do not boil hard as the mixture could caramelize). When done, remove from heat and cool. Keep refrigerated.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/ RECIPE COURTESY OF THE NATIONAL WATERMELON PROMOTION BOARD

Side dish. Grilled Corn with Queso Fresco

1. Heat the grill to high.

2. Rub each of the ears of corn with a bit of olive oil. Once the grill is hot, arrange the corn in a single layer on the grill grates. Cover the grill and reduce the heat to medium. Cook for 6 minutes, turning several times.

3. Meanwhile, use a grater (large holes) to grate the queso fresco into a medium bowl. Add the paprika, garlic powder, salt and pepper, then toss well.

4. When the corn is ready, use tongs to transfer it to a rimmed baking sheet or baking pan that will fit on your grill. It's OK to stack the corn. Sprinkle the cheese mixture over the corn. Arrange butter chunks evenly over the corn. Place the pan on the grill, cover and cook for 4 minutes, or until the butter melts. Serve.

THE ASSOCIATED PRESS

Ingredients

- 8 ears of corn, husks and silk removed
- Olive oil
- 8-oz block queso fresco cheese
- 1 tsp paprika
- 1 tsp garlic powder
- 1/2 tsp kosher salt
- 1/2 tsp ground black pepper
- 1 stick butter, cut into 8 pieces

This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

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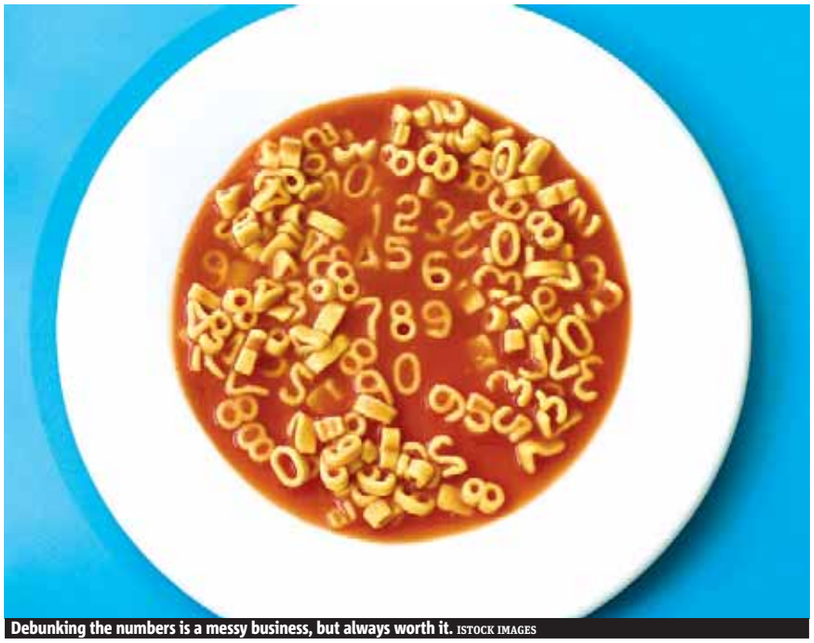
Canadians on the brink of debt disaster? Bank says the statistics may be flawed



Debunking the numbers is a messy business, but always worth it. ISTOCK IMAGES

YOUR MONEY
Alison Griffiths
money@metronews.ca

"Statistics are like a bikini. What they reveal is suggestive, but what they conceal is vital." So said the late Aaron Levenstein, American professor of business.

I'm sure that's what TD Bank analysts commented to each other when they re-analyzed the oft-reported statistics about Canadians' perilous indebtedness.

The numbers go like this: Canadians' debt-to-income ratio is 162, so we owe $162 for every $100 of after tax income. This is worrying because Americans ran up a debt-to-income ratio of 163 just before the financial crash.

The falling sky is nigh, say the financial prognosticators, especially in light of Canada's stratospheric housing market.

But TD maintains that the statistics are flawed. The Canadian figures include interest on non-mortgage debt and out of pocket health-care expenses, neither of which factor in to the American numbers.

When such costs are taken into account, our pre-crash neighbours had a debt-to-income ratio of 177 while we Canadians now stand at 156 per cent.

Certainly reason for concern, but we're not on the brink of Armageddon.

TD's reanalysis begs the question of why bogus, or at least flawed, statistics and conclusions can float around without contradiction, sometimes for decades.

These days surveys, reports and studies are hugely popular with all manner of companies and government agencies (TD, by the way, loves them.)

They're cheap advertising in a time of shrinking media outlets and budgets. For overworked journalists, predigested research is very attractive.

Often the surveys produce an interesting slice of information about our lives and society. But some are just plain garbage.

A recent one about insurance bothered me and I discovered that most of the information had been lifted from an American study and then Canadianized poorly.

The problem with inaccurate or misleading surveys and reports is that they can create or solidify public opinion.

Take the level of Canadian indebtedness. Our debt level is too high, no question. But when statistics indicate that we're nearing a precipice, the public gets scared.

Worse, politicians leap into the fray and create lousy policies based on faulty assumptions.

I'd like to see a lot more debunking done, along the lines of TD Bank's recent report.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

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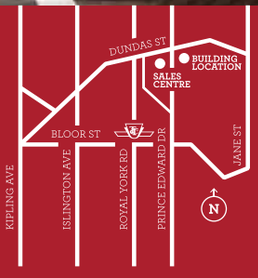

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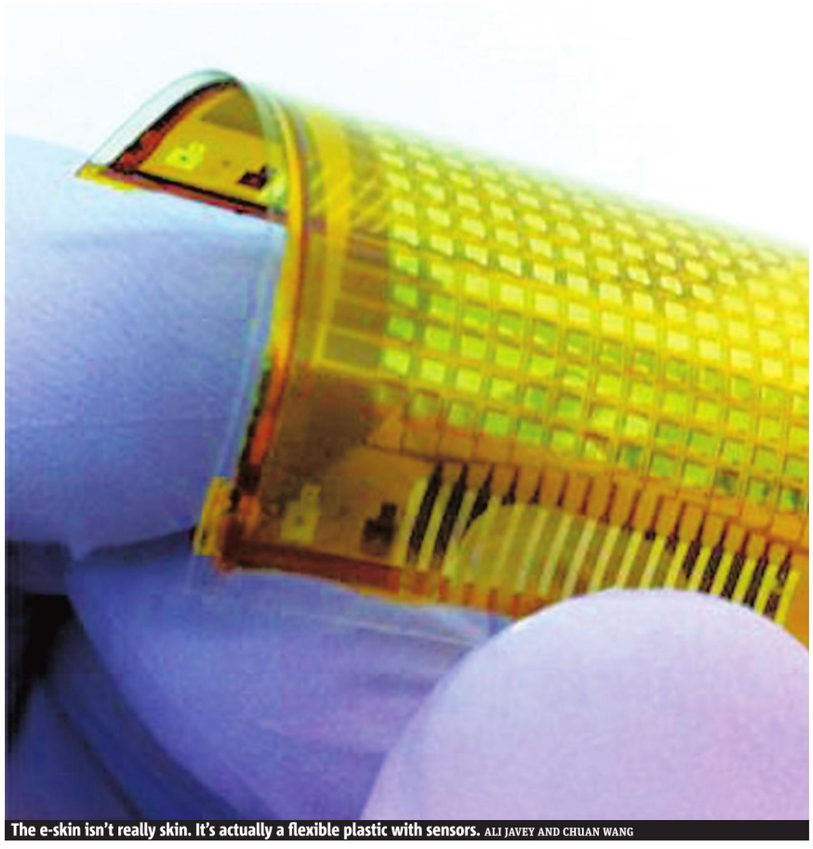

The e-skin isn't really skin. It's actually a flexible plastic with sensors. ALI JAVEY AND CHUAN WANG

Getting touchy feely with robots

ELISABETH BRAW
Metro World News

Attention naysayers who predict that robots will never be like humans: the robots just made a huge leap in our direction. Researchers at the University of California, Berkeley, have invented robot skin — and it reacts when touched.

"With the interactive e-skin, we have demonstrated an elegant system on plastic that can be wrapped around different objects to enable a new form of human-machine interfacing," explained Ali Javey, an associate professor of electrical engineering and computer sciences at Berkeley who led the research team.

The e-skin is not really skin, of course: it's flexible plastic.

But its sensors react just like human skin. Lights flash when the skin is touched: softly in response to light touching, brightly in response to more pressure.

The plastic sheets can be wrapped around robot limbs.

This will help the android creatures react to human beings.

But the purpose of the skin is not to make robots more human.

Instead, the researchers envisage it being used in wallpaper that functions like today's touchscreen devices.

"Unlike the stiff touchscreens on iPhones, computer monitors and ATMs, the e-skin is flexible and can be easily laminated on any surface," says the study's lead co-author, Chuan Wang, an assistant professor of electrical and computer engineering at Michigan State University.

"I could also imagine an e-skin bandage applied to an arm as a health monitor that continuously checks blood pressure and pulse rates," Wang says.

The results of the study, which was funded by the Pentagon's pioneering research arm, DARPA, were published in the scientific journal Nature Materials.

Not your average screen

"Unlike the stiff touchscreens on iPhones, computer monitors and ATMs, the e-skin is flexible and can be easily laminated on any surface."

Chuan Wang, study's lead co-author

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Mom and Pops Shop

Time for girls to tech on the challenge

TAKARA SMALL
Metro News in Toronto
@takarasmall

Who: Girls Learning Code

What: A non-profit learning institution that teaches girls about tech and computer programming skills

Where: 366 Adelaide St., Toronto

Why: "After several months of running Ladies Learning Code (a similar program for adult women, we realized) if we really wanted to work harder to closing the gender gap in the tech industry we need to start working with girls," Laura Plant, Director of Girls Learning Code

At 26, Laura Plant spends most of her days planning, organizing and helping others learn how to speak and write a foreign language. No, it's not individuals seeking out tutelage in French, Mandarin or English that keeps her busy, but another language just as popular that goes by Ruby, Java and CSS.

As the director of Girls Learning Code (GLC), a non-profit institution that teaches computer programming and technical skills, she is well acquainted with the language du jour and wants to pass on that knowledge to other women — but more importantly to girls who represent the next generation of programmers.

"After several months of running Ladies Learning Code (a very successful similar program for adult women, we realized) if we really wanted to work harder to closing the gender gap in the tech industry we needed to start working with girls," Plant says.

Computer code, she says, is high in demand and its popularity, unlike other forms of speech, continues to grow from strength to strength with more opportunities popping up in the field every day. This is the main reason that formed the basis behind the group's initial better-known workshops Ladies Learning Code.

A mentor teaches girls in Toronto how to code at their workshop at 366 Adelaide St. CONTRIBUTED

"Before Ladies Learning Code started, we (the other directors and founder Heather Payne) came back to Toronto from taking courses (in the U.S.) so excited to find a place to learn code here and soon realized that there were other women who were interested in learning code too," Plant says. "What we thought would be a meet-up between a few people became identified as a gap in tech technology and grew from there."

But so far, the future for girls in the technology sector doesn't look as bright since the industry is dominated by men, one important fact that makes GLC so unique.

The program, open to girls aged nine to 13, is designed to teach students the basics, develop familiarity with technology and pique their interest in computer programming as a vocation. "All of the programs are beginner and hands on and practical so the girls are actually building things at the end of the day they can show their friends."

The workshops and week-long camps range in price from $7 to $200, but if a parent can't afford the tuition the non-profit is there to help. "We've never turned anyone away because paying for it is too painful for them," says Plant, emphasizing how important it is for girls to learn this practical knowledge. The organization, run mainly by volunteers and a small group of full-time staff, are committed to helping as many people as possible.

"It would be hard for us to do what we're doing, how we're doing it, without sponsors," she emphasizes. "The industry is behind us and that makes all the difference."

• Go to metronews.ca/voices/mom-and-pop-shops to learn more about Girls Learning Code.

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Underachieving Jays willing to make deals at deadline

MLB. But fire sale not expected as GM Anthopoulos hopes to contend in 2014

After a busy off-season, the Toronto Blue Jays were expected to be contenders.

Instead they're well under .500, out of the American League East and AL wild-card races and grasping for positives amid a season that hasn't gone according to plan.

"When you're not winning games, it's not good," general manager Alex Anthopoulos said during a recent homestand. "You're scratching your brain trying to come up with ways to get better."

One way to get better, for next year and beyond, involves selling before Wednesday afternoon's trade deadline. Anthopoulos recognizes the Blue Jays' place at the bottom of the standings, but with the hope of contending in 2014 there might not be many assets available to deal.

"Everyone's in trade mode," Anthopoulos said. "I think anything we do, if we can do something that helps currently, great, but even for the following year as well, we'll look to do it. We're having dialogue, but I'd say every player we're having dialogue about are players that can help us beyond the current year."

In other words, don't expect a fire sale of every Blue Jays player who has underachieved this season. Only three are impending free agents: Starter Josh Johnson, whose value is at an all-time low, reliever Darren Oliver, who's 42 years old, and outfielder Rajai Davis, who's a part-timer relied on mostly for his speed. THE CANADIAN PRESS

Setting the bar

The market for reliever trades has already been set.

- On Monday the Los Angeles Angels of Anaheim traded 37-year-old former Blue Jays lefty Scott Downs to the Atlanta Braves for minor-league right-hander Cory Rasmus.
- Also Monday, the Houston Astros traded closer Jose Veras to the Detroit Tigers for 19-year-old outfield prospect Danry Vasquez and a player to be named later.

Rajai Davis, seen here making a leaping catch in Boston on June 28, could be flying out of Toronto if the Blue Jays deal him before the trade deadline. GETTY IMAGES FILE

'He's not Ricky': Argos going with backup vs. Lions

The Argos will start Zach Collaros at quarterback against the Lions on Tuesday night. GETTY IMAGES

Travis Lulay knows what Zach Collaros is going through.

It wasn't that long ago that Lulay, now a Grey Cup champion and MVP with the B.C. Lions, was a rookie quarterback getting ready to make his first CFL start.

Collaros will get his shot in place of injured Toronto starter Ricky Ray when the Argonauts (2-2) host the Lions (3-1) in a rare Tuesday night game in Toronto.

"He's excited, I can guarantee you that," Lulay said on Monday. "I can think back to my first start. I saw him doing an interview and you could see that excitement.

"Everyone's been there. We can relate to being in that situation."

The 24-year-old Collaros will get his first pro start after Ray suffered a knee injury in the Argos' 35-19 win over Winnipeg on July 19. The extended layoff gave Collaros time to prepare to face the Lions and their No. 1-ranked defence.

"I'm excited to get going," Collaros said. "It's good to have three full practices under my belt and it's going to make the transition that much easier for me."

Argos coach Scott Milanovich said he expects Collaros, who has completed seven of 10 passes for 112 yards in 2013, to do what has made him successful up to this point.

"Zach's a very emotional guy. He'll be jazzed up. I think he thrives on his emotion and I don't want to change that," Milanovich said. "He's not Ricky. He's a different style of player and he's a different personality and we're not going to try and make him Ricky." THE CANADIAN PRESS

Calling out Bolt

World's fastest man accepts challenge to race for charity

Olympic sprint champion Usain Bolt has accepted a challenge from Olympic middle distance champion Mo Farah to race for charity, saying he would be prepared to meet over 600 metres.

Farah, who won gold at the 5,000 and 10,000 metres at the London Olympics last year was the star of the Games along with Jamaican sprinter Bolt, who won the 100 and 200 metres.

"That sounds fun," Bolt said. "It's going to be hard but it's charity so it's all about fun and enjoyment.

"I'm up for anything, for anything's possible." TORSTAR NEWS SERVICE

NHL

Jets ink Bogosian to seven-year deal

The Winnipeg Jets have signed defenceman Zach Bogosian to a seven-year, $36-million US contract.

Bogosian was the Jets' final restricted free agent who needed a new deal. He'll count just more than $5.14 million against the salary cap. Last week the Jets signed right-winger Blake Wheeler to a six-year, $33.6-million contract. They also gave restricted free-agent centre Bryan Little a five-year, $23.5-million deal. THE CANADIAN PRESS

Zach Bogosian GETTY IMAGES FILE

Plenty left in the tank

"I don't know if I've peaked yet."

Serena Williams, who at the age of 31, says she is playing some of her best tennis yet. The No. 1-ranked Williams will be in action in Toronto at the Rogers Cup, a tournament she won in 2011 while ranked 80th in the world.

4 SPORTS

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Horoscopes

♈ Aries
March 21 - April 20
Make the best use of every minute of your time today. What you do is important, but how you do it is even more so right now. Why? Because influential people are watching.

♉ Taurus
April 21 - May 21
Partnership problems must not be allowed to detract from the wonderful opportunities now coming your way. If there are any outstanding squabbles, you must deal with them now.

♊ Gemini
May 22 - June 21
People are going out of their way to be nice to you and you should go out of your way to return the favour. Fun is for everyone but especially for you.

♋ Cancer
June 22 - July 23
Why are you hesitating to start something you know you will enjoy — and which could make lots of money? Whatever the reason, you've got to get over it or you will look back later and regret that you were not more dynamic.

♌ Leo
July 24 - Aug. 23
There are major changes going on around you and the good news is every one of them can be used by you to further your interests. Whatever else you do today don't fear change — make it work for you.

♍ Virgo
Aug. 24 - Sept. 23
It seems you are focusing on things you fear rather than things you have to look forward to. That's silly and you know it. Everyone else thinks you're a star, so why don't you? Start acting like one today.

♎ Libra
Sept. 24 - Oct. 23
Fate has a way of giving us what we need, though whether we want it at the time is another matter, of course. What happens today may shock you but it will also inspire you to aim higher.

♏ Scorpio
Oct. 24 - Nov. 22
Today's Venus-Pluto link will bring back your passion for something you seem to have forgotten about for a while. This time you'll give it your undivided attention, and this time you'll see it through.

♐ Sagittarius
Nov. 23 - Dec. 21
These may be fun times but you should also be giving some thought to what changes you would like to see. They must, of course, be serious changes. Going through the motions won't be any good.

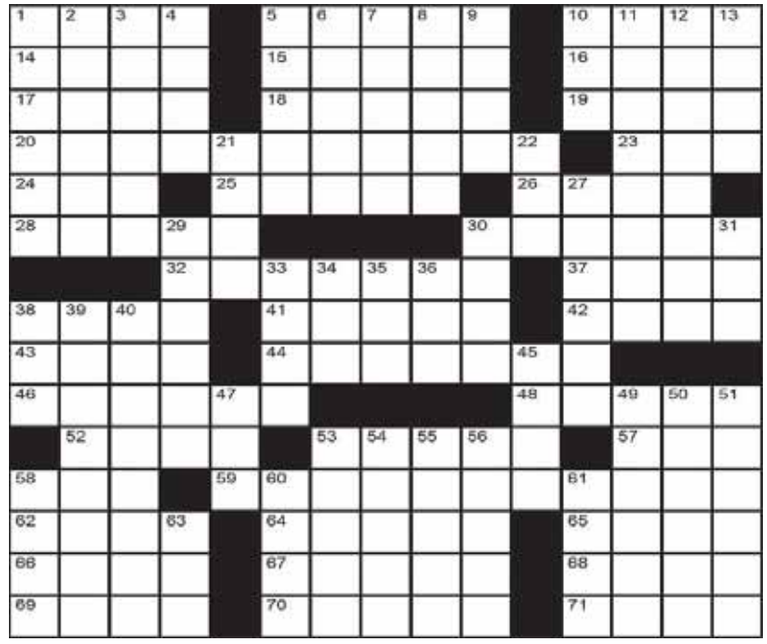
♑ Capricorn
Dec. 22 - Jan. 20
You'll be moving around today, in pursuit of things you have set your heart on. Remember that not everyone shares your taste in possessions.

♒ Aquarius
Jan. 21 - Feb. 19
The planets are urging you to put bad feelings behind you and patch up a relationship that still has a lot of mileage in it. You have come so far together, surely you can go all the way to the finish line.

♓ Pisces
Feb. 20 - March 20
You may not like having to say "no" to people who depend on you but if you don't it will be you who loses out. Haven't they been depending on you a bit too much? SALLY BROMPTON

Crossword: Canada Across and Down

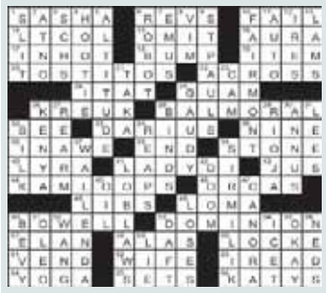
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. French miss [abbr.]
5. CNBC's "The Suze __ Show"
10. Goes for
14. Attack, like a lion
15. Lift with might
16. Golfing hazard
17. Ponder
18. Year's historic record
19. "The Bridges at __-Ri" (1954)
20. Canuck sweet treats
23. Animal's health pro
24. Mork's planet
25. Stands for
26. Norse deity
28. Old Testament hymn
30. Argentina's capital, __ Aires
32. "Oh, puh-leeze." gesture
37. Be goofy, __ _ fool
38. Some TVs
41. Sound
42. Depilatory brand
43. Sequences, for short
44. Rise, as a hill
46. Ump's call, "__, __!"
48. Actress Eva
52. Succeeds
53. City in Quebec
57. Pirate's positive
58. Pre-A.D. time alternative
59. Job title for "The Da Vinci Code" (2006) character Robert Langdon
62. "Casablanca" (1942) role, Ilsa __
64. "Let's take _ __." (Pre-show-of-hands comment)
65. Opera voice
66. Spewer of Sicily
67. Point-to-turn on
68. Stagger
69. Hand-me-down
70. City of Tuscany in Italy
71. Roger McGuinn, as a band member

Down
1. Hanson hit
2. Matt of morning TV talk, and others
3. Capital of Zambia
4. Distance above sea level [abbr.]
5. Windy City airport
6. Hertz __-_-Car
7. NB's Grand __ Island
8. J'__; Nous avions; Vous aviez...
9. Jodie Foster movie
10. Cdn. capital
11. Canada's one-of-ten
12. Heed: 2 wds.
13. Predicament
21. Actress Ms. Rossum
22. Old French coin
27. Ms. Durbin (Winnipeg-born star)
29. Learning session
30. Count Basie's "Blee __ Blues"
31. Roosted
33. Restaurant chain, __ Side Mario's
34. Groove
35. "__ to Billie Joe" by Bobbie Gentry
36. "Why'd You __" by Colin James
38. Mr. Rogers of Westerns
39. "Sh-Boom": '50s hit for Toronto quartet The __
40. Ms. Clarkson, Canadian journalist who became Governor General
45. "L'Eggo my __!" (Famous commercial slogan)
47. Battleship letters in The States
49. Canadian sprinting great/Olympian, Donovan __
50. Prairie __, Canadian country band
51. Narrated again
53. Nero's 2007
54. Over
55. Boarded the bus: 2 wds.
56. "Get Here": Early-'90s hit for __ Adams
58. Cordon __
60. High-pitched barks
61. Outfit
63. Pop

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	6	1	7	4			8	9
		4						
2	9		6			7		
	8			5		3		
		2		9			6	
		7			9		3	5
						4		
5	4			3	7	2	1	

Yesterday's Sudoku

2	4	8	1	3	9	6	7	5
6	3	7	4	8	5	9	1	2
1	9	5	7	6	2	8	3	4
9	8	2	5	1	7	3	4	6
5	6	4	2	9	3	7	8	1
3	7	1	6	4	8	5	2	9
4	5	3	9	7	1	2	6	8
7	2	6	8	5	4	1	9	3
8	1	9	3	2	6	4	5	7

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